ORDERING REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 01789-440798

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PETL38061).
- The NAME of the product (PROFORM® 380 treadmill).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER of the part(s) (see page 14 of this manual).
- The DESCRIPTION of the part(s) (see page 14 of this manual).

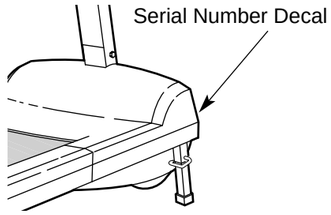
If possible, place the treadmill near your telephone for easy reference when calling.

Part No. 132339 R0198A PROFORM is a registered trademark of ICON Health & Fitness, Inc. © 1998 Printed in USA

PRO-FORM® 380

PERFORMANCE TREADMILL

Model No. PETL38061
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

PRO-FORM® 380

PERFORMANCE TREADMILL

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ORDERING REPLACEMENT PARTS . . . . . Back Cover

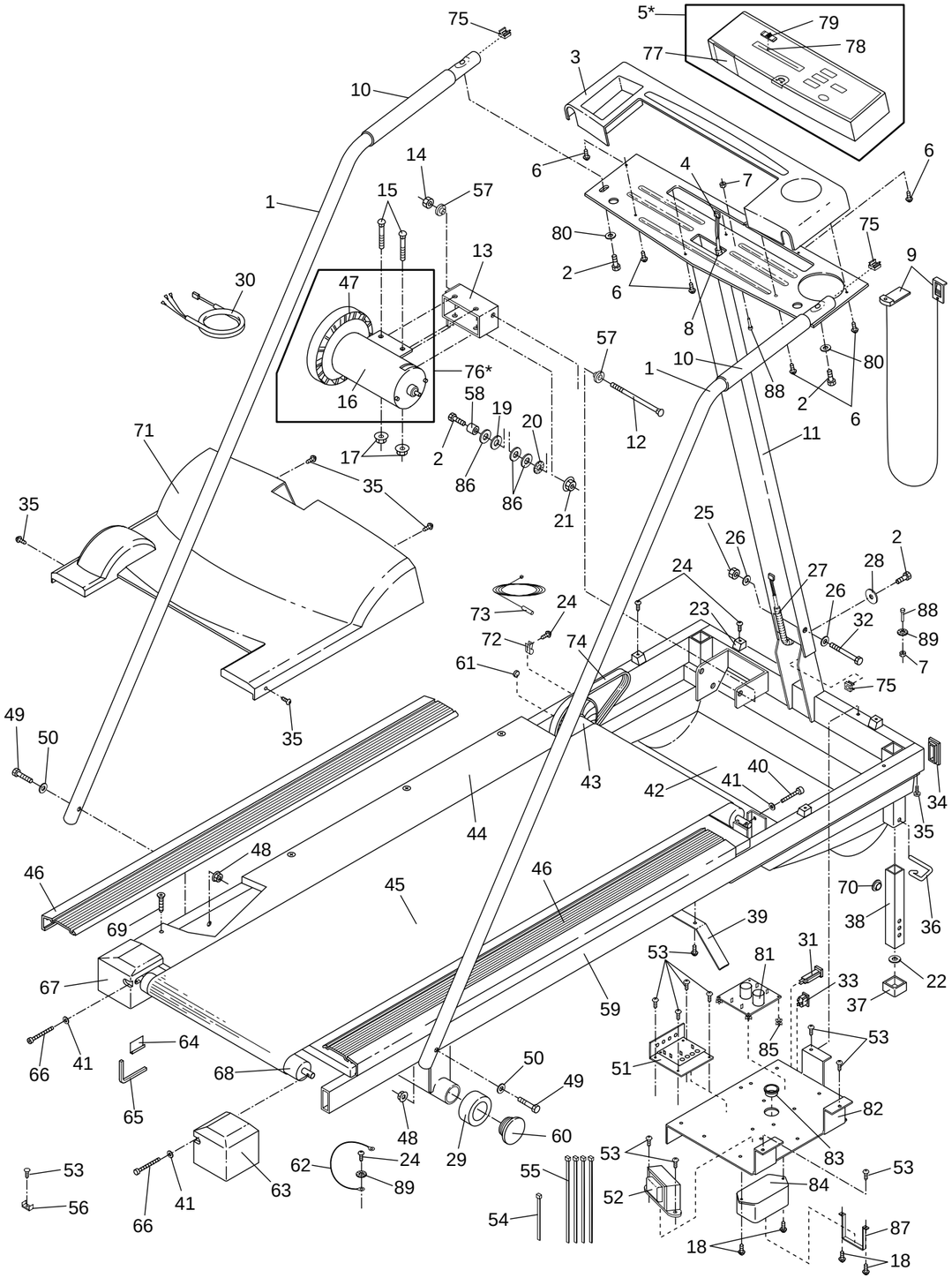
IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described in this manual.**
3. **Place the treadmill on a level surface, with 2,5 meters (8 feet) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 115 kg (250 pounds) or less. Never allow more than one person on the treadmill at a time.**
8. **Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.**

EXPLODED DRAWING—Model No. PETL38061

R0198A



PART LIST—Model No. PETL38061

R0198A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handrail w/Foam Grip	51	1	Controller
2	4	3/8” x 1” Bolt	52	1	Choke
3	1	Console Housing	53	13	Small Screw
4	1	60” Wire Harness	54	1	4” Cable Tie
5*	1	Console Assembly	55	4	8” Cable Tie
6	7	Console Screw	56	1	Tie Holder
7	2	Ground Nut	57	2	Motor Pivot Bushing
8	1	Console Cable Loom	58	1	Motor Pivot Sleeve
9	1	Key/Clip	59	1	Frame
10	2	Foam Grip	60	2	Rear Leg Endcap
11	1	Upright	61	1	Magnet
12	1	Motor Swivel Bolt	62	1	Roller Ground Wire
13	1	Motor Mount Bracket	63	1	Right Endcap
14	1	Motor Swivel Nut	64	2	Wrench Clip
15	2	Motor Bolt	65	1	3/16” Allen Wrench
16	1	Motor	66	2	Rear Roller Adjustment Bolt
17	2	Motor Nut	67	1	Left Endcap
18	4	Filter Screw	68	1	Rear Roller
19	1	Motor Tension Washer	69	8	Platform Screw
20	1	Star Washer	70	2	Incline Leg Plug
21	1	Motor Tension Nut	71	1	Hood
22	2	Incline Leg Washer	72	1	Reed Switch Clamp
23	4	Hood Anchor	73	1	Reed Switch/Sensor Wire
24	7	Anchor Screw	74	1	Motor Belt
25	1	Upright Pivot Nut	75	3	Cage Nut
26	2	Upright Pivot Washer	76*	1	Motor/Pulley/Flywheel/Fan
27	1	Upright Cable Loom	77	1	Battery Cover
28	1	3/8” x 1 1/2” Washer	78	1	Potentiometer
29	2	Rubber Cushion	79	1	Speed Control
30	1	Motor/Controller Wire	80	2	3/8” Washer
31	1	Circuit Breaker	81	1	Interface Board
32	1	Upright Pivot Bolt	82	1	Electronics Plate
33	1	Receptical	83	1	Electronics Plate Grommet
34	2	Frame Endcap	84	1	Filter
35	13	Screw	85	4	Plastic Stand-Off
36	2	Incline Pin	86	3	Plastic Washer
37	2	Incline Leg Cap	87	1	Filter Bracket
38	2	Incline Leg	88	2	Ground Screw
39	1	Belt Guide	89	2	Ground Star Washer
40	1	Front Roller Adjustment Bolt	#	1	14” White Wire, Twisted
41	3	Adjustment Washer	#	1	10” White Wire, 2 Female
42	1	Safety Cover	#	1	8” Black Wire, 2 Female
43	1	Front Roller/Pulley	#	1	4” Black Wire, 2 Female
44	1	Walking Platform	#	1	8” Blue Wire, Twisted
45	1	Walking Belt	#	3	4” Green Ground Wire
46	2	Foot Rail	#	1	User’s Manual
47	1	Pulley/Flywheel/Fan			
48	2	5/16” Flange Nut			
49	2	5/16” x 2 3/4” Bolt			
50	2	5/16” Washer			

* Includes all parts shown in the box.
\# Indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

9. **When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 6), plug the power cord directly into an earthed circuit. When replacing the fuse, on ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.**

10. **If an extension cord is needed, use only a 14-gauge general-purpose three cord of cable of 1,5 meters (5 feet) or less in length.**

11. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)**

12. **Keep the power cord away from heated surfaces.**

13. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst exercising on the treadmill.**

14. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

15. **To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.**

16. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

17. **Never leave the treadmill unattended whilst it is running. Always remove the key when the treadmill is not in use.**

18. **To change the incline level of the treadmill, refer to the instructions on page 9. Do not use the treadmill with the incline pins removed.**

19. **Never drop or insert any object into any opening.**

20. **Inspect and tighten all parts of the treadmill every three months.**

21. **Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.**

22. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

SAVE THESE INSTRUCTIONS

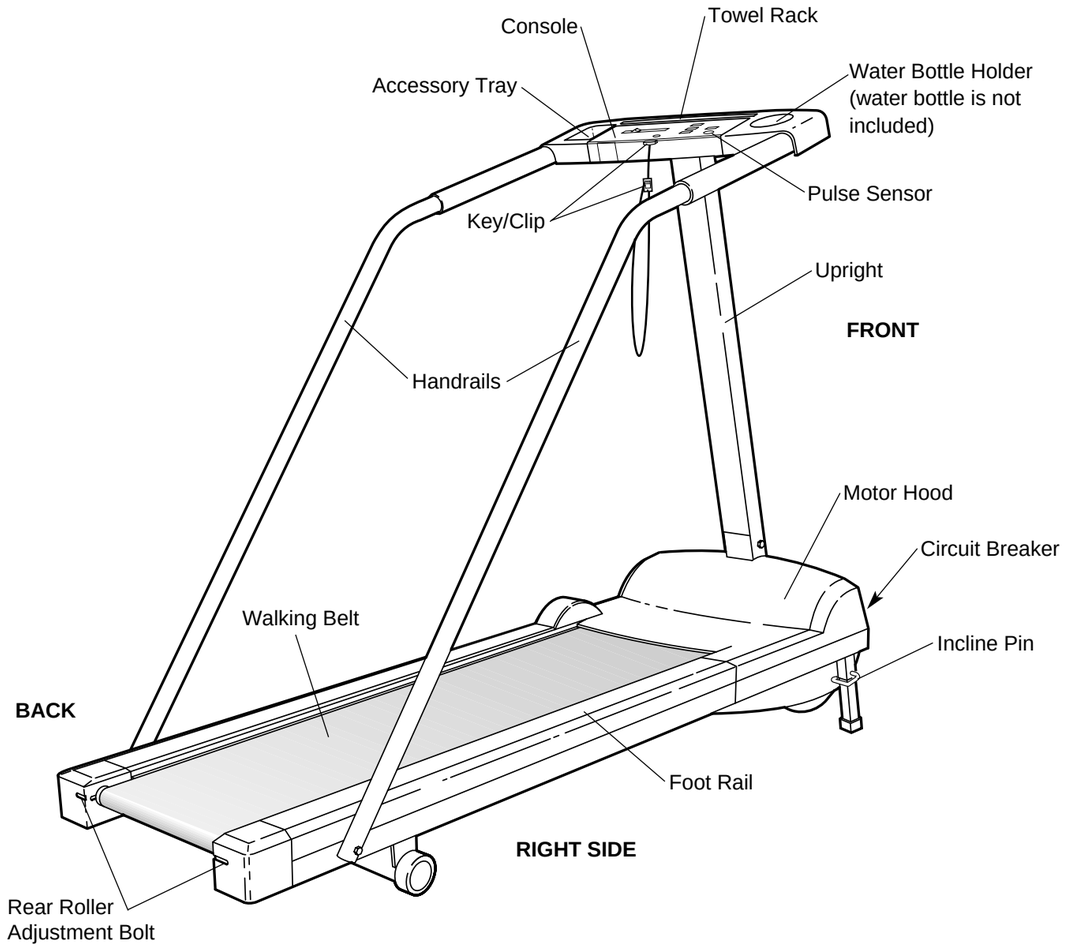
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 380 treadmill. The PROFORM 380 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is PETL38061. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

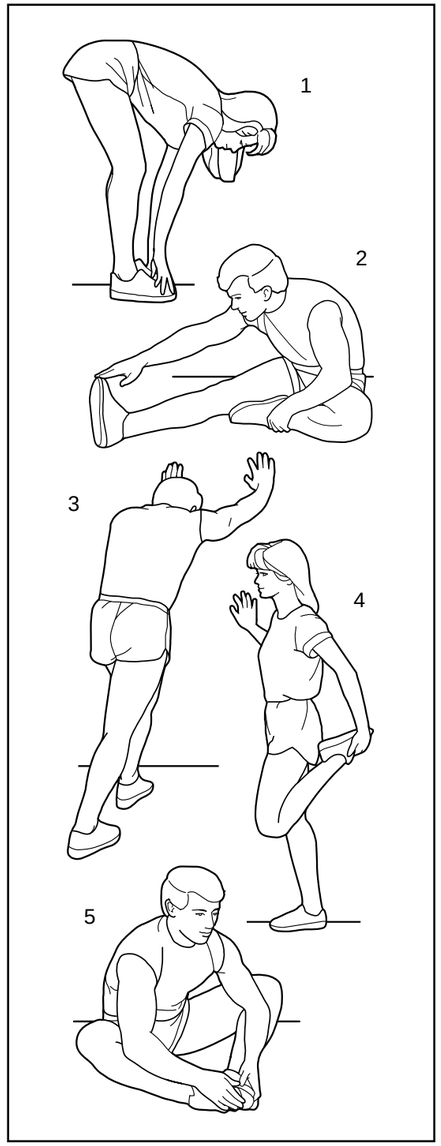
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines. For more detailed information about exercise, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether you want to burn fat, strengthen your cardiovascular system, or increase your athletic performance, you can tailor your exercise to your specific goals. The key to achieving the desired results is to exercise with the proper intensity.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, set the speed control on the console to FAT BURN to help you maintain the proper intensity level. (See step 3 on page 8.)

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. The proper intensity level for aerobic exercise can be found by using your pulse as a guide. As you exercise, your pulse should be kept at a level between 70% and 85% of your maximum possible heart rate. This is known as your training zone. You can find your training zone in the table at the top of this page. Training zones are listed according to age and physical condition. During the first few months of your exercise program, keep your pulse near the low end of your training zone as you exercise. After a few

Age	Training Zone (Beats/Min.)	
	Unconditioned	Conditioned
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

months of regular exercise, your pulse can be gradually increased until it is near the middle of your training zone as you exercise. You can measure your pulse using the pulse sensor. Exercise for about four minutes, and then measure your pulse immediately. If your pulse is too high or too low, adjust the intensity of your exercise. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level. (See step 3 on page 8.)

Performance Training

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See step 3 on page 8.)

WORKOUT GUIDELINES

When exercising, wear appropriate attire. Always wear athletic shoes for foot protection. Each workout should include three basic parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

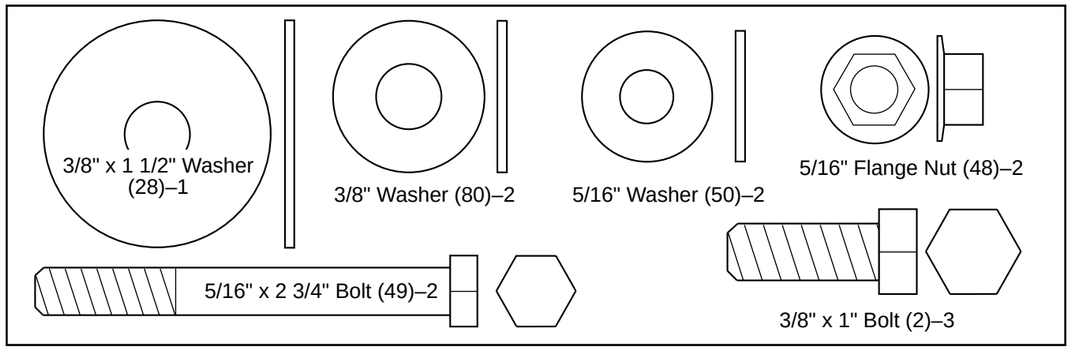
Warming Up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 13).

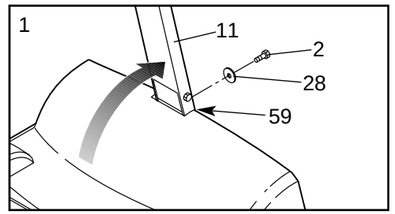
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Refer to the drawings below to identify small parts used in assembly.

TOOLS REQUIRED FOR ASSEMBLY: One adjustable spanner **(not included).**

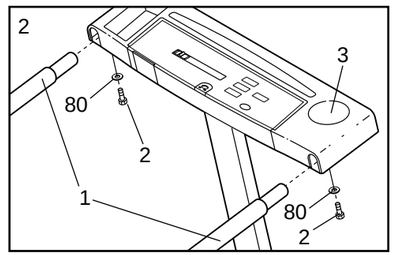


1. Raise the Upright (11) to the vertical position. Insert a 3/8” x 1” Bolt (2), with the 3/8” x 1 1/2” Washer (28), into the lower end of the Upright. Finger tighten the Bolt into the Frame (59).



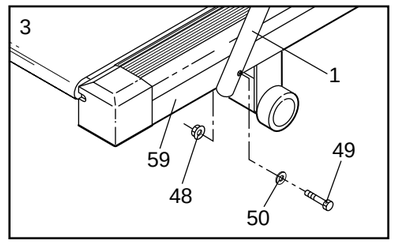
2. If there are plastic ties in the upper ends of the Handrails (1), cut them off. Insert the upper end of one of the Handrails into the Console Housing (3). (Note: The two Handrails are identical. Due to the manufacturing process, there is a dimple near the lower end of each Handrail. It makes no difference which side the dimples are on when the Handrails are assembled.) Insert a 3/8” x 1” Bolt (2), with a 3/8” Washer (80), up into the plate under the Console Housing, and finger tighten the Bolt into the Handrail.

   Attach the other Handrail (1) in the same manner.

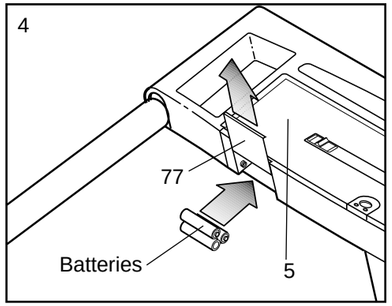


3. Insert a 5/16” x 2 3/4” Bolt (49), with a 5/16” Washer (50), into the lower end of the right Handrail (1) and the Frame (59). Reach under the Frame and tighten a 5/16” Flange Nut (48) onto the Bolt.

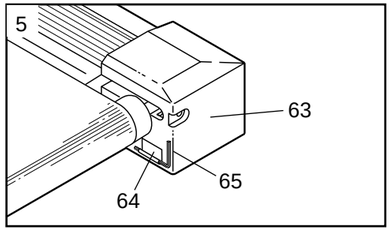
   Attach the other Handrail (1) (not shown) in the same manner. **Tighten all Bolts used in steps 1 through 3.**



4. The Console (5) requires three “AA” batteries (not included); alkaline batteries are recommended. Slide up the Battery Cover (77). Press three batteries into the battery compartment, with the negative (–) ends of the batteries touching the springs. Close the Battery Cover.



5. Remove the paper backing from the Wrench Clip (64). Press the Wrench Clip onto the Right Endcap (63) in the indicated location. Press the Allen Wrench (65) into the Wrench Clip.



Make sure that all parts are tightened before you use the treadmill. **Note: To protect the floor or carpet, place a mat under the treadmill.**

OPERATION AND ADJUSTMENT

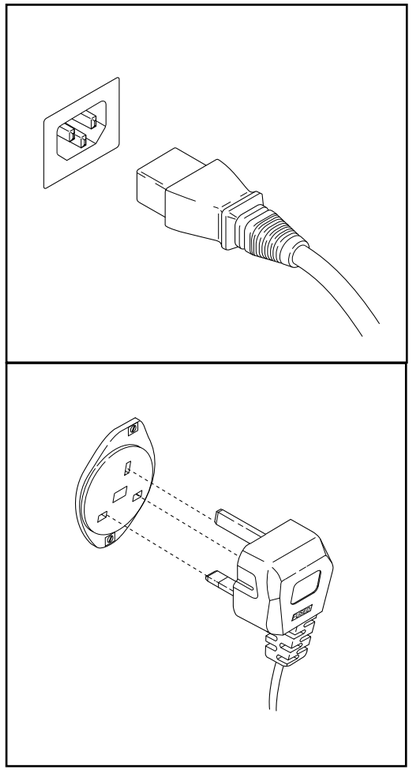
THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.
IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and a earthing plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.**

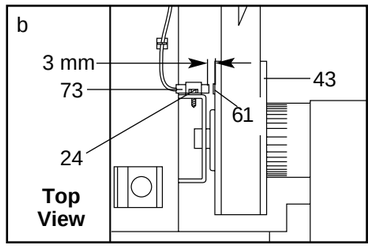
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.



5. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

a. Check the batteries in the console. (See step 4 on page 6). Most problems are the result of drained batteries.

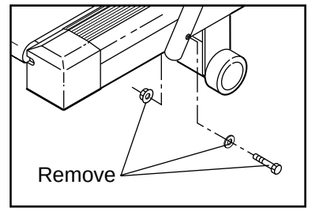
b. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Remove the screws from the sides and front of the hood. Carefully remove the hood. Locate the Reed Switch (73) and the Magnet (61) on the left side of the Pulley (43). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8”).** If necessary, loosen the Screw (24) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



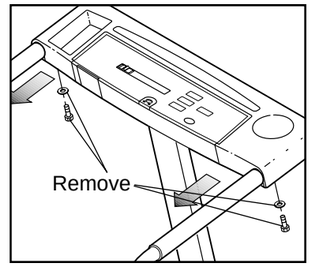
STORAGE

Unplug the power cord when the treadmill is not in use. It is recommended that the batteries be removed from the console and the treadmill be covered during extended periods of storage.

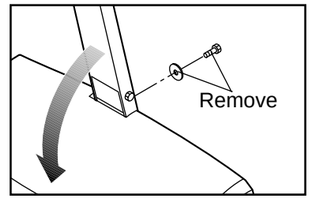
Remove the bolt, washer, and nut from the lower end of each handrail.



Remove the bolt and washer from the upper end of each handrail. Slide the handrails out of the console housing.



Remove the bolt and washer from the lower end of the upright. Lay the upright on the treadmill. Keep all hardware in a secure location.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped, the switch will protrude. (See the drawing at the bottom of page 9.) To reset the circuit breaker, wait for five minutes and then press the switch back in.

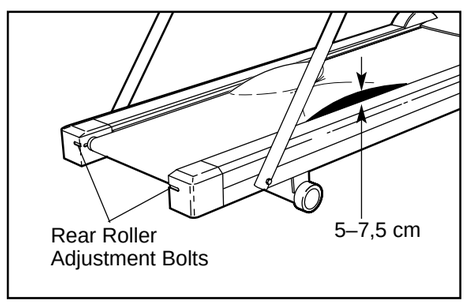
b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key fully into the console.

3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

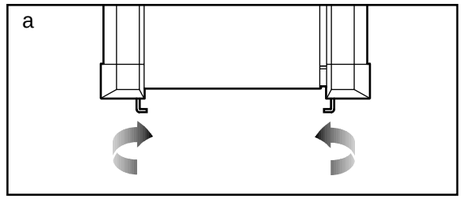
a. Use only a 14-gauge general-purpose three cord of cable of 1,5 meters (5 feet) or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7,5 centimeters (2 to 3 inches) off the walking platform. The centre of the walking belt should just touch the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened. If the walking belt still slows when walked on, please call our Customer Service Department.

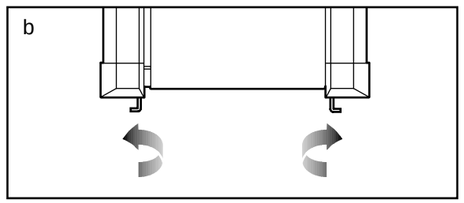


4. SYMPTOM: THE WALKING BELT IS OFF CENTRE OR SLIPS WHEN WALKED ON

a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



c. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7,5 cm (2 to 3 inches) off the walking platform. The centre of the walking belt should just touch the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

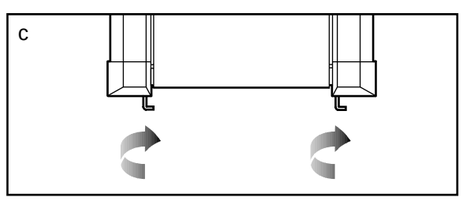
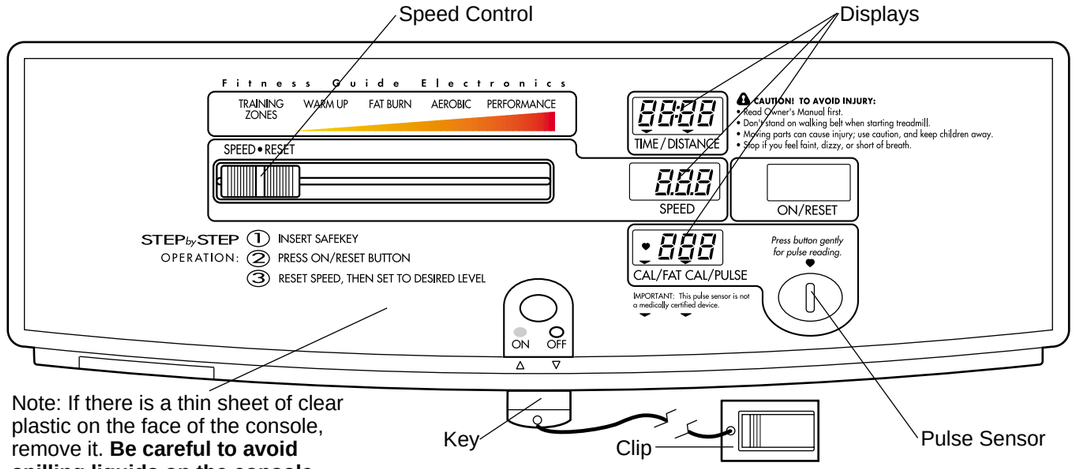


DIAGRAM OF THE CONSOLE



Note: If there is a thin sheet of clear plastic on the face of the console, remove it. **Be careful to avoid spilling liquids on the console.**

⚠CAUTION: Before operating the console, read the following important precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip whilst operating the treadmill. When the key is removed from the console, the power will shut off.**
- **After the speed control is moved, there will be a pause before the walking belt begins to move.**

Adjust the speed in small increments until you are familiar with the operation of the treadmill.

- **The training zones on the console are general guidelines only. Read CONDITIONING GUIDELINES on page 12 to determine the proper exercise level.**
- **To reduce the risk of electric shock, keep the console dry, avoid spilling liquids on the console, and use only a sealed water bottle.**

STEP BY STEP CONSOLE OPERATION

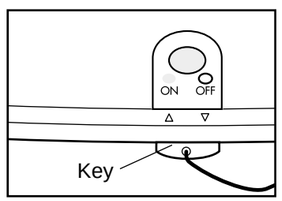
Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 6).

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the simple steps at the right to operate the console:

1 Insert the key fully into the power switch.

Note: The three displays will not appear yet, unless batteries were just installed.

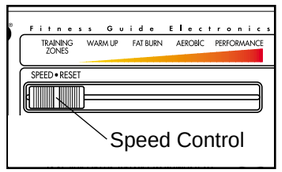


2 Press the ON/RESET button.

When the ON/RESET button is pressed, the three displays will turn on.

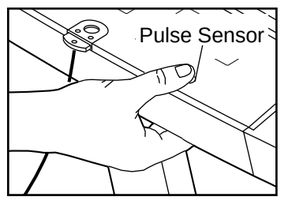
Note: If batteries were just installed, the displays will already be on.

3 **Reset the speed control and start the walking belt.**



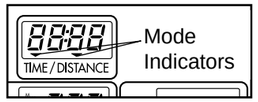
Slide the speed control all of the way to the left, to the “SPEED RESET” position. Next, slide the control to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by sliding the speed control. Note: To stop the walking belt, step onto the foot rails and slide the speed control to the “SPEED RESET” position.

4 **Measure your pulse, if desired.**



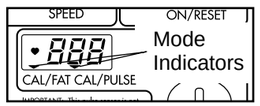
To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown at upper right. The pulse sensor is pressure-activated. Fully press down the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, slightly raise your thumb until the heart-shaped indicator in the CAL/FAT CAL/PULSE display flashes **steadily**. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure. Try the sensor several times until you become familiar with it. Always stand still while measuring your pulse.

5 **Follow your progress with the three displays.**



TIME/DISTANCE display—This display shows both the elapsed time and the total distance that you have walked or run. Every seven seconds, the display will automatically change from one mode to the other. Mode indicators will show which mode is displayed. Note: When the walking belt is stopped, the elapsed time will pause.

SPEED display—This display shows the speed of the walking belt.



CAL/FAT CAL/PULSE display—This display shows the approximate numbers of calories and fat calories you have burned. (See BURNING FAT on page 12 for an explanation of fat calories.) Every seven seconds, the display will automatically change from one number to the other. Mode indicators will show which number is displayed.

Note: This display also shows your heart rate when your thumb is on the pulse sensor.

To reset the three displays, press the ON/RESET button.

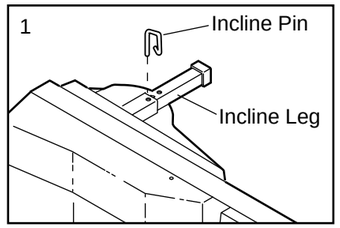
6 **When you are finished exercising, stop the walking belt and remove the key.**

Step onto the foot rails and slide the speed control to the “SPEED RESET” position. Remove the key from the console.

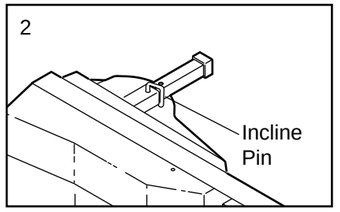
Note: The three displays will not turn off when the key is removed. Any time that the walking belt is stopped and the console buttons are not pressed for five minutes, the displays will automatically turn off.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline settings. **Before changing the incline, remove the key and unplug the power cord.**



To change the incline, carefully lay the treadmill on its left side. Remove the incline pin from the right incline leg as shown in drawing 1.



Adjust the incline leg to the desired height and fully re-insert the incline pin. Make sure the incline pin is in the locked position as shown in drawing 2. Lay the treadmill on its right side. Repeat the procedure for the left incline leg. **CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed.**

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed. If further assistance is needed, please call our Customer Service Department at 0345-089009.

1. SYMPTOM: THE POWER DOES NOT TURN ON

a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 6.)

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 7.)

c. If the key is in the console and the treadmill will not operate, remove the key, wait for at least one second, and then reinsert it. **Note: If the key is removed whilst the walking belt is moving, wait until the walking belt stops completely before you reinsert the key.**

d. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.